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## 0413/13

**May/June 2011**

**1 hour 45 minutes**

Candidates answer on the Question Paper.

No Additional Materials are required.

## READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen.

You may use a soft pencil for any diagrams, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO **NOT** WRITE IN ANY BARCODES.

Answer **all** questions.

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use	
<b>Section A</b>	
<b>B1</b>	
<b>B2</b>	
<b>B3</b>	
<b>Total</b>	

This document consists of **11** printed pages and **1** blank page.

## Section A

Answer **all** questions in this section.

For  
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Use

- 1 Give an example of a basic motor skill.

.....  
..... [1]

- 2 How does a person's physical well-being help them to play sports?

.....  
..... [1]

- 3 How does where a person lives affect the type of activities that they might take part in?

.....  
..... [1]

- 4 Give **one** reason why over-arousal could cause a reduction in performance.

.....  
..... [1]

- 5 Apart from resting, give **one** treatment that you would provide to someone with muscle cramp.

.....  
..... [1]

- 6 Small sports clubs rely on volunteers.

Give **one** reason why volunteers are important and name a role they may have in a club.

.....  
.....  
.....  
..... [2]

- 7 Name **one** component of blood and explain how it helps to maintain good health.

.....

.....

..... [2]

- 8 Give **two** signs that would be shown by a performer who has over-trained.

.....

.....

..... [2]

- 9 Technology has become a major part in everyday life.

Describe **two** ways this has improved participation in sport.

.....

.....

..... [2]

- 10 Name **one** extreme body type and **one** sporting activity that it would be most suited for.

.....

.....

..... [2]

- 11 Some outdoor sports are played in cold, wet conditions.

Explain how the body controls its temperature.

.....

.....

..... [2]

12 Describe **three** negative effects that media pressure can have on a performer.

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.....

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.....

.....

..... [3]

[Total: 20]

## Section B

Answer **all** questions in this section.

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### Factors affecting performance

**B1 (a)** Name a bone which produces blood cells.

.....

..... [1]

**(b)** Blood doping is a banned method of improving performance.

Explain **two** dangers of blood doping.

.....

.....

.....

..... [2]

**(c)** Explain **three** ways that goal setting can help improve performance.

.....

.....

.....

.....

.....

..... [3]

**(d)** Complete the table below that describes different types of movement.

action	description	location
flexion	Decrease the angle at a joint.	e.g. bend the knee.
extension		
adduction		

[4]

- (e) Choose a sporting activity and describe **two** components of skill related fitness. How would you recognise these components in a skilled performer?

Sporting activity .....

.....

.....

.....

.....

.....

.....

.....

..... [4]

- (f) Describe **two** features of a voluntary muscle and give an example of how they produce muscle movement.

.....

.....

.....

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.....

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.....

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.....

.....

..... [5]

- (g) (i) Describe how you would carry out a test to measure cardio-vascular fitness.

.....

.....

.....

.....

.....

.....

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.....

.....

..... [4]

- (ii) How would a coach use the results of this test to improve cardio-vascular fitness?

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Use

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.....

.....

..... [2]

[Total: 25]

## Health, Safety and Training

For  
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**B2 (a)** What is meant by the term *oxygen debt*?

.....  
..... [1]

**(b)** Name **one** nutrient and describe how it benefits a performer.

nutrient .....  
.....  
..... [2]

**(c)** Name a game that is played outdoors and describe **three** safety checks that you would make to ensure the safe playing of the game.

game .....  
.....  
.....  
.....  
.....  
.....  
..... [3]

**(d)** Describe **three** changes to the respiratory system after a prolonged period of exercise.

.....  
.....  
.....  
.....  
.....  
..... [3]



- (e) Name the type of training programme you would use for someone who is unfit and overweight. Describe advantages and disadvantages of using this method.

For  
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Use

type of training .....

.....

.....

.....

.....

.....

..... [4]

- (f) Aerobic respiration produces energy for muscle contraction.

- (i) Complete the missing component from the aerobic respiration equation.

glucose + water  $\longrightarrow$  energy + ..... + water [1]

- (ii) Describe how glucose and oxygen reach the muscle.

glucose

.....

.....

.....

.....

.....

.....

.....

oxygen

.....

.....

.....

.....

.....

..... [6]

[Total: 20]

### Reasons and opportunities for participation in physical activity

For  
Examiner's  
Use

**B3 (a)** Give **one** difference between a leisure activity and a sport.

.....  
..... [1]

**(b)** How can school Physical Education examination courses help to improve the standard of performance in sport?

.....  
.....  
.....  
..... [2]

**(c)** Give **two** factors that will determine the type of physical activities that someone who has retired from work might take part in.

.....  
.....  
.....  
..... [2]

**(d)** There has been an increase in the amount of media coverage of disability sports.

**(i)** Describe how this has helped to improve the standards of performance.

.....  
.....  
.....  
..... [2]

**(ii)** How can a sports governing body help increase the level of participation for disabled performers in their sport?

.....  
.....  
.....  
..... [2]

- (e) After hosting a global event, what are the long term benefits that a country might experience?

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Examiner's  
Use

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..... [6]

[Total: 15]

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